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April 19, 2012

NSAB Conducts First Independent PRT Cycle

By Mass Communication Specialist Seaman Dion Dawson
NSAB Public Affairs staff writer

With physical readiness tests (PRT) season here once again, Naval Support Activity Bethesda (NSAB) is using the current PRT cycle as an opportunity to stand its first cycle independent of the Walter Reed National Military Medical Center (WRNMMC).

"NSAB independently conducting its own physical readiness testing represents an important milestone in further establishing the installation as a member of Naval Installations Command," said Capt. Frederick Kass, commanding officer of NSAB.

All personnel assigned to NSAB will now fall under the new program with the exception of those currently enrolled in the Fitness Enhancement Program (FEP); they will still fall under the WRNMMC. At the completion of this cycle, the Command Fitness Leader (CFL)

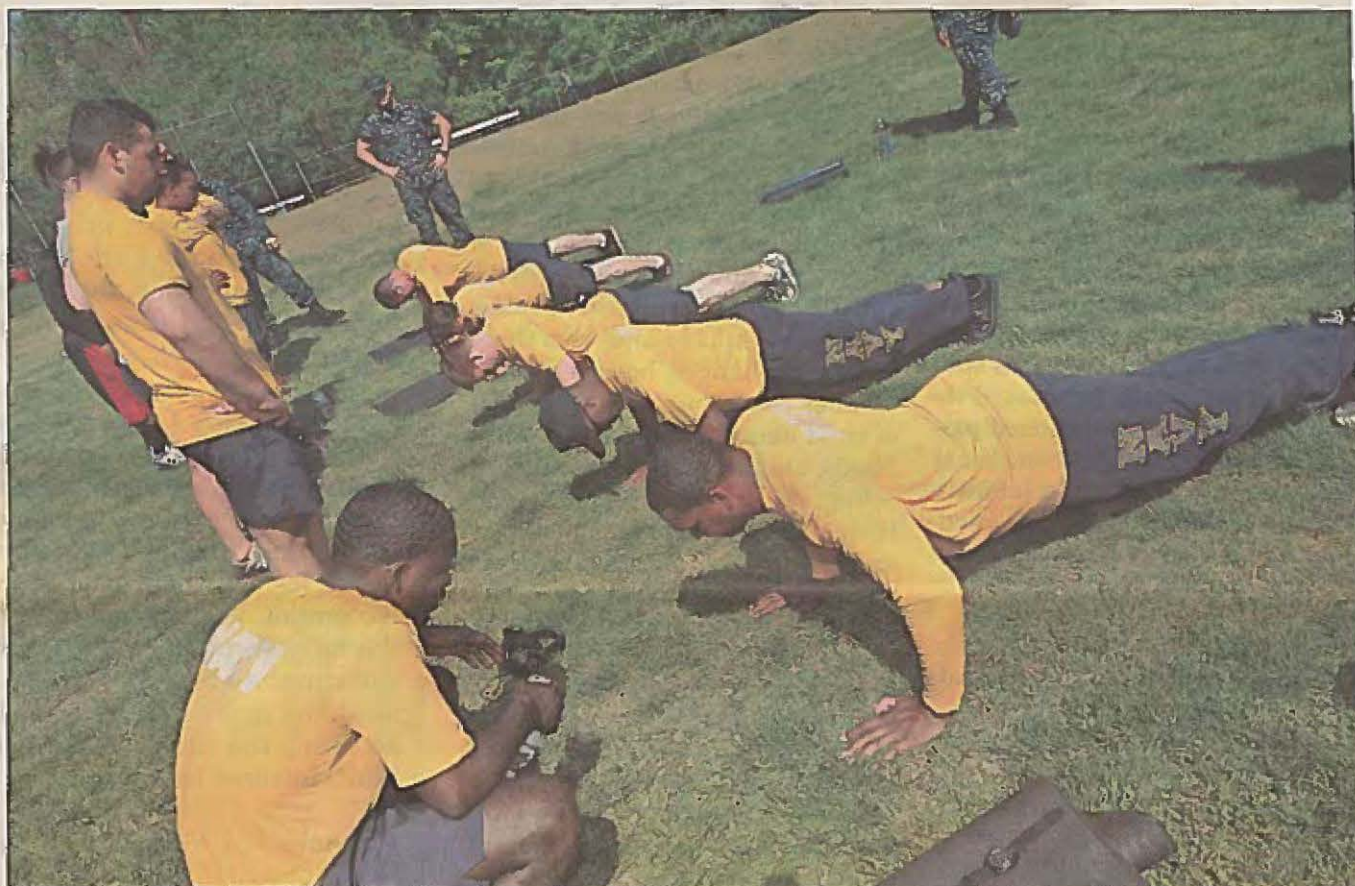


Photo by Mass Communication Specialist Seaman Dion Dawson

Naval Support Activity Bethesda command fitness leaders watch closely as Sailors complete the push-up portion of the Navy's semi-annual physical readiness test.

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Shriver Leads U.S. Military Cancer Institute to Excellence



Photo by Sarah Fortney

Col. Craig Shriver was recently named interim director of the U.S. Military Cancer Institute. He is also the director and principal investigator of the Clinical Breast Care Project and Chief of General Surgery at Walter Reed Bethesda.

By Sarah Fortney
Journal staff writer

Col. (Dr.) Craig Shriver knew he wanted to make a difference in breast cancer research, long before it hit home.

Named interim director of the Cancer Center at Walter Reed Bethesda in February 2010, Shriver graduated cum laude from Albright College, in Reading, Pa., with a bachelor's degree in biochemistry in 1980. He then earned his medical degree in 1984 from Temple School of Medicine, in Philadelphia.

"I knew I wanted to make an impact as a cancer surgeon. There was a lot we didn't know about cancer in general," he said. Considering breast cancer is, and has been, the most common cancer amongst women, "I felt early in my career

that's an area where I could make a difference," Shriver said.

While attending medical school on an Army scholarship, he found his passion for serving in the military and completed his general surgery residency at the former Walter Reed Army Medical Center (WRAMC) in 1989. Shriver was later selected for an advanced fellowship in surgical oncology at the Memorial Sloan-Kettering Cancer Center in New York. During his career, he has published more than 200 academic papers including those on lymph node biopsy in breast cancer. His publications are included in the New England Journal of Medicine.

In 1993, after completing his fellowship, he returned to WRAMC as a general surgeon, and later became chief of surgical oncology two years later.

After his first of two deployments

to Afghanistan, in 2007, he returned home to learn his wife had been diagnosed with breast cancer.

"It's different being on this side, versus that side," he said, pointing across his desk where a patient might sit, then to his lab coat.

The advancements in research aided his wife's successful recovery, he said. "She was the beneficiary of everything we've learned in the last 20 years."

He recalled how far breast cancer treatment has advanced.

"When I first started as a young surgeon, a woman with breast cancer would come in with a large tumor and would need a mastectomy, and all of her lymph nodes removed. We would treat every patient with breast cancer the same

See **CANCER** page 7

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Fleet and Family Support Center

We recognize April as Child Abuse Awareness Month. I've been asked a couple of times why we use the word awareness instead of prevention and I think it's important to explain.

Prevention is everyone's responsibility. The first step in preventing abuse is to understand what constitutes abuse and to be aware of common misconceptions about child abuse. One of the most common misconceptions about child abuse is that the abuser is a "bad" parent who is purposely trying to harm the child. While we see cases of child abuse where the abuse may be intentional, the vast majority of cases that we see in the Family Advocacy Program involve well intentioned parents who love their children. Abuse does not always result in immediate physical harm but if left unaddressed, it can result in serious physical or psychological harm over time.

The Department of Defense (DoD) has four categories considered abuse:

1. Physical Abuse. It is certainly the easiest to identify because it often results in some type of injury. Many people may be surprised to learn that the DoD criteria considers spanking that results in injury or that involves an object (such as a belt or paddle) as abuse.

2. Emotional abuse. Often harder to identify, this can include a child witnessing domestic violence, constant belittling or name-calling or discipline that is inappropriate for a child's age.



3. Child sexual abuse. Any contact of a sexual nature; whether there is direct physical contact with the child or indirect contact, such as purposefully exposing a child to sexual content.

4. Child neglect. Which includes leaving children unattended when they are too young to be unsupervised, unsanitary/un-

safe living conditions and not providing children with needed medical care.

Military families are very resilient and cope with a variety of challenges unique to the military culture. Many military families have great skills to cope with these unique challenges, however, when families experience stress, the risk of child abuse increases. We offer family, couple and individual counseling, to service members and their families, parenting classes and a variety of other classes monthly. Our programs are free of charge and open to all military and their family members.

Prevention is everyone's responsibility and a large part of that responsibility is to report suspected abuse immediately to the Family Advocacy Program. If you would like to learn more about child abuse, need to make a report of abuse or are seeking assistance, please stop by Building 11, Room 109 or call 301-319-4087.

Kimberly Lahm, LMFT
Counseling and Advocacy Supervisor
Fleet and Family Support Center

Bethesda Notebook

Prostate Cancer Support Group

The Walter Reed National Military Medical Center Prostate Cancer Support Group meets twice today, with the first session beginning in the River Conference Room, third floor of the America Building (Bldg. 19), adjacent to the Center for Prostate Disease Research, from 1 to 2 p.m. The second session is scheduled from 6:30 to 7:30 p.m. For more information, contact Vin McDonald at (703) 643-2658 or upmjam@aol.com.

Alcoholics Anonymous Meeting

Alcoholics Anonymous (AA) meets at 7:30 p.m. on Tuesdays and Thursdays, as well as at noon on Wednesdays in Building 8, Rm. 2230 (Chaplain's Conference Room). For more information, call (301) 503-1210.

Youth Health, Fitness Fair

Naval Support Activity Bethesda (NSAB) Fleet and Family Services (FFSC) will host a Youth Health and Fitness Fair on Saturday from 9 a.m. to 2 p.m. in the gymnasium of Building 17. The event will include food, games, giveaways and special guests, the Washington Redskins cheerleaders. Come dressed to move and receive prizes for participation. For those who participated in the FFSC's essay contest, about what it means to be a military child, the winner will be announced during the fair. For more information, call (301) 319-4087, or email ffsc@med.navy.mil.

Patient Family Centered Care Survey

The Walter Reed National Military Medical Center (WRNMMC) Patient Family Centered Care (PFCC) Command Committee is conducting a hospital-wide survey, which takes a few minutes to complete, to assess staff understanding of PFCC principles and their incorporation into daily practices. Formal recognition will be awarded to the top three directorates with the highest completion rate (percentage) of this survey, which will run until Saturday. Participants must identify their directorate by making a selection from the drop down menu when accessing the survey at the "PFCC Survey" icon on the WRNMMC intranet homepage.

Pulmonary Clinic Educates Patients, Staff

Throughout April, Walter Reed Bethesda's Pulmonary Clinic is focusing on educating patients and staff about Sarcoidosis, an inflammatory disease. Most commonly affecting the lungs, this disease can have an impact on almost any organ in the body. Additionally, it can cause heightened immunity, damaging the body's tissues. For more information, contact Gail Hayes in the Pulmonary Clinic at (301) 295-7786.

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Bethesda Supports Earth Week With Base Clean Up

By Mass Communications Specialist 3rd Class Nathan Parde
NSAB Public Affairs staff writer

In support of Earth Week, April 16-22, Naval Support Activity Bethesda (NSAB) held a number of events including a base wide clean-up, cleaning out workspaces and setting up educational booths to increase and reinforce environmental awareness.

According to Environmental Engineer Mark Liau, of the NSAB environmental programs division, today's environmental awareness depends on current actions and those of future generations.

"It only takes minor changes to a person's lifestyle (to help the environment) and when everyone chips in, it can make a big impact," said Liau.

Tuesday, more than 40 volunteers assembled near the flagpole of Building 10 for the base-wide clean-up.

The volunteers were split into groups before tackling their assigned area of the base to clean.

Hospital Corpsman 2nd Class Delyn Scott, a native of Oberlin, Ohio, said she enjoys making a positive impact on the community by participating in events like this. Scott explained that keeping the community clean is everyone's responsibility.

"Oftentimes, people don't pay attention to the things that can make our base unattractive or polluted, so it is good to take the time to come out and clean up the area," said Scott.

Brian Hillis of the environmental programs division said people have gotten much better at reducing litter and waste on base over the past few years. "The grounds crew does a great job of staying on top of it," said Hillis. "But, the stream still carries a lot of trash onto the base."

Liau added that cleaning up the stream also has farther-reaching effects. "The



Photo by Mass Communication Specialist 3rd Class Nathan Parde

Hospital Corpsman 2nd Class Delyn Scott, picks up trash at Naval Support Activity Bethesda (NSAB) Tuesday. More than 40 volunteers participated in the base wide clean-up event, which was a part of NSAB's Earth Week celebration.

watershed from our base runs into the Potomac and Chesapeake Bay, so cleaning up the creek here also helps the environment of this entire region."

In addition to Tuesday's base clean-up, service members also volunteered their time last weekend to clean up

the area around Rock Creek Park.

"On Saturday, we held an Earth Day clean-up at Rock Creek Park," Scott added. "People really came together; they were picking up trash as large as tires, and had camaraderie while doing it," she said.

The second event that NSAB is sponsoring this week is national 'Clean out Your Files Week.'

"Clean out Your Files Week is a great time to go through your desks and clear out the documents that you no longer need," said Hillis.

Hillis said that recycling is a key to protecting the environment, and it also directly benefits the base. "It only takes a second to identify and use the proper recycling bins, and this makes it much easier to sort the trash and receive compensation for our recycled products."

The final event scheduled for Earth Week here is information booths set up in Building 62 and on Main Street, talking about how to practice environmental awareness and recycling, which will be set up and staffed from 10 a.m. to 2 p.m. today.

For more information, stop by the education booths today or contact the Environmental Programs Division at (301) 295-5784.

Soldiers Inducted Into NCO Corps

By Bernard S. Little
Journal staff writer

Walking between two raised sabers crossed at the tips to form an apex in the likeness of an inverted "V," the shape of the chevrons they now don as noncommissioned officers, 33 Soldiers were inducted into the Noncommissioned Officer (NCO) Corps during a recent ceremony at Walter Reed National Military Medical Center (WRNMMC).

"You are being inducted into the world's finest non-commissioned officer corps; a corps that armies around the world would love to emulate," said Command Sgt. Maj. Donna A. Brock, command sergeant major for the U.S. Army Medical Command (MEDCOM) and senior enlisted advisor to Army Surgeon General Lt. Gen. Patricia D. Horoho.

Brock, the guest speaker at the induction ceremony, charged the new NCOs with living the NCO Creed. "Don't let the Creed become a



Photo by John Chew, Medical Photography

New Noncommissioned Officers (NCOs) take the Oath of the U.S. Army NCO during the induction ceremony on April 3 at Walter Reed National Military Medical Center (WRNMMC).

cliché. Live it to the letter and you will excel beyond your dreams."

She described induction into the NCO Corps as a rite of passage.

"You are the squad leader, first line supervisor - the most important position in the chain of command. You are now in charge of something and you will have a little more responsibility and

will be expected to act accordingly," said Brock.

She encouraged the new sergeants to gain the confidence of those around them - superiors, peers and subordinates. "That's a never-ending cycle because there's always a new boss, an upcoming [permanent change of station], a new Soldier assigned to your squad or section, so that means that you always

have to be up on your game."

Before becoming the top enlisted Soldier in MEDCOM, Brock was the senior enlisted leader (SEL) for Joint Task Force National Capital Region Medical at Naval Support Activity Bethesda. He told the NCOs to be consistent in what they say and do.

"Stay current in your training [and] be true to your word. Always remember that Soldiers are watching you just as you watched your mentor, and hopefully, you will become a mentor," Brock said. She continued, "You must be confident. Along with confidence, you must not get cocky or big-headed, but remain humble."

She added that character is also important to success. "You must build on character. This is an important feature that speaks volumes of you as a person."

Lastly, Brock encouraged the Soldiers to have positive attitudes, which she said go hand-in-hand with character. "You can develop a posi-

tive attitude by emphasizing the good, being tough-minded and refusing defeat. Our life and our work is a reflection of our attitude.

"Now I'll leave you all with this small note to ponder: Yesterday is a cancelled check; tomorrow is a promissory note; today is the only cash you have, so spend it wisely. Think about this when dealing with Soldiers and leaders and your life," Brock concluded.

"Ceremonies such as this one are a traditional reminder of why we do what we do so well," said 1st Sgt. Gary McKinney, a senior NCO at WRNMMC. "The [NCO Creed] has been a baseline for years that guide us in the decisions we make day-to-day and when in combat. It keeps many grounded and it motivates others to continue to be the best at taking care of Soldiers and completing missions."

He added, "NCOs and SELs are the keepers of the

Days of Remembrance - Staff Moved by Holocaust Museum Visit

By Bernard S. Little
Journal staff writer

Learning the fate of children in the Holocaust moved Army 1st Sgt. Christopher Hunter and colleagues on their visit to the U.S. Holocaust Memorial Museum on April 12.

Hunter, part of a group from Walter Reed National Military Medical Center (WRNMMC), visited the museum on a trip sponsored by the Bethesda Multicultural Committee in observance of Holocaust Days of Remembrance.

"They separated the children from the adults, and some of them survived and others did not," Hunter said. "It really hits home when you talk about the children. They wondered what happened to their parents, and they probably knew what happened, but they still asked the questions, 'Where is my mom?' 'Where is my dad?'"

"[The Nazi Germans] would lead them into the gas chambers [with them] thinking they were preparing them for something different, but instead it was annihilation," Hunter said. He added, "It's incredible to me how one commander could influence his soldiers to go out and do this, not question



Photo by Bernard S. Little

Jacqueline Mendels Birn, a Holocaust survivor, was a guest speaker at the U.S. Holocaust Memorial Museum on April 12.

what they were doing, and just carry out the orders. That, and the many people they killed, is just astonishing."

Army Sgt. 1st Class Jason Zielske, Equal Opportunity advisor and chairman of the Bethesda Multicultural Committee, explained the purpose for the Holocaust museum visit was to provide an educational opportunity for people from the WRNMMC community to learn about the Holocaust and remember those who lost their lives. "Bethesda Multicultural Committee's goal is to support and promote a culture that embraces diversity," he added.

The museum visit was a learning

and emotional experience for Hospital Corpsman 3rd Class Damion Johnson. "I acquired a lot of knowledge," he said, adding the information at the museum was more in-depth than what he learned in school. "It was well-worth the trip."

Johnson said he was moved by an exhibit allowing visitors to sit in a booth and hear individual voices of Holocaust survivors. "It kind of flowed together and gives you a perspective of what took place back then."

"I always wanted to go to the museum, but was afraid to see the horrific things you often hear about of what happened during the Holocaust," said Staff Sgt. Sheila Vaughn. "I decided to look deep within and told myself, 'Be strong and go.' I realized that by not attending, I was being disrespectful to those who suffered and died, and I needed to pay my respects to them. I also realized that I will never have answers to all the questions I had in reference to the Holocaust just through hearsay; I needed to come to my own conclusions."

Vaughn described the trip as "an eye-opener and extremely emotional. I understand that there are bad people out there, but never imagined to what

degree." She explained an exhibit showing the atrocities committed by a German doctor on Jewish war camp prisoners "was horrific" and something she will never forget. "Just to know that the Holocaust occurred, and [afterwards] similar events have occurred, hit straight to the heart and makes me wish I was omnipotent to end such things."

"It's always good to know of the experiences of others," said Meki Gulley, of WRNMMC Postal Operations, in explaining her reason for visiting the museum. She added that when she was in Germany a few years ago, she visited Buchenwald concentration camp, and her visit to the Holocaust museum last week brought back memories.

Gulley said the exhibit at the museum which stood out for her was one explaining the plight of the MS St. Louis, a German ocean liner. Also called the "Voyage of the Damned," the captain of the MS St. Louis, Gustav Schroder, tried to find homes for more than 900 German Jewish migrants seeking asylum from Nazi German persecution in 1939.

"Of the passengers, some didn't

See HOLOCAUST page 8

Stages of Healing



Photo by Sharon Renee Taylor

Elizabeth Demmer and Lars Haglund, center, dancers with the Tim Janis Ensemble, move to the music of American Billboard composer Tim Janis, far left, and singer Amy Petty, right. The ensemble included a total of eight performers who entertained in the lobby of the American Building at Walter Reed National Military Medical Center April 12 as part of WRNMMC's Stages of Healing (SoH) and Musicians On Call series. The SoH series is designed to provide a respite for patients, families, visitors and staff for a shared experience, according to Sara Barrett, co-organizer for the SoH events at WRNMMC. For more information about SoH events, call Dr. Micah Sickel at (301) 295-2492, or Sara Barrett at (301) 295-1083.



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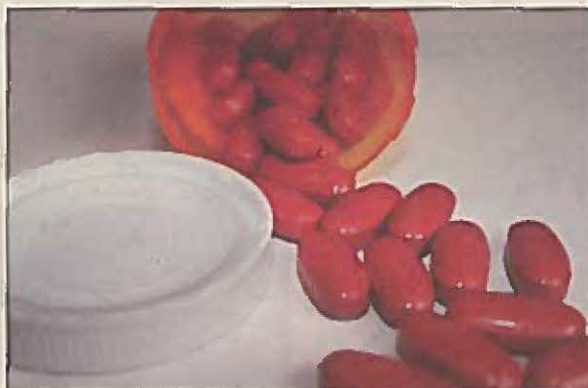
Base Police and NCIS to "Take Back" Prescription Drugs

By Mass Communication Specialist
Seaman Dion Dawson
NSAB Public Affairs staff writer

The Naval Support Activity Bethesda (NSAB) police department and the Naval Criminal Investigative Service (NCIS), in partnership with the Drug Enforcement Agency (DEA), will give service members and their families the opportunity to prevent pill abuse and theft by participating in the National Drug Take Back Initiative. The nationwide take back event occurs April 28, but the NSAB event is taking place one day early to give more members of the Department of Defense community the opportunity to participate. NSAB police officers will be collecting medications for disposal from 6 a.m. to 2 p.m. at the NSAB visitor center at the north gate, the NSAB police precinct in Building 7 and in the lobby of Building 62. The service is free and anonymous, no questions asked.

"The National Take Back Initiative is a program we are utilizing from the DEA," said Lt. Jacob Kocek, watch commander and officer with the NSAB police department. The DEA works with NCIS and our police department to take back unwanted, unused or expired prescription medication. The reason for getting it off the streets is so it's not used, abused or sold."

According to a recent release from NCIS, this initiative addresses a vital public safety and public health issue. Medicines that languish in home cabinets are highly susceptible to diversion, misuse and abuse. Rates of prescription drug abuse in the U.S. are alarmingly high, as are the number of accidental poisonings and overdoses due to these drugs. Studies show that a majority of abused prescription drugs



are obtained from family and friends, including from the home medicine cabinet. In addition, Americans are now advised that their usual methods for disposing of unused medicines, flushing them down the toilet or throwing them in the trash, both pose potential safety and health hazards. Medications thrown in the trash can be retrieved and abused or illegally sold. Drugs that are flushed down the toilet contaminate the water supply.

"If it's expired, it could be dangerous because people could be taking them and receiving effects they don't desire. If you leave unwanted medication lying around, children or relatives could get to it and they could be harmed. This program prevents crime and harm to the public, and I really encourage everyone to utilize it," Kocek said.

Last October, Americans turned in 377,080 pounds of prescription drugs at more than 5,300 sites operated by the DEA and nearly 4,000 state and local law enforcement partners. More than 50 pounds of pills were collected at NSAB alone.

"Last year, we got a terrific outcome and response from the base community," Kocek said.

"We collected more than 50 pounds of medication off the streets and it was a great feeling. It's always a good idea to get rid of the medication after it serves its purpose so you won't be responsible for any harm or crimes that result from it being accessible to the public. I hope we get more participation this year. Drugs are serious and it's important to keep our streets clean."

To help get the word out, the Walter Reed National Military Medical Center pharmacies are getting involved and getting information to patients and visitors.

"This is the first time we have participated directly with the event," said Harold Vizian, head of the pharmacy communication center. "We have distributed flyers to our patients and we will have a message advertising the event on the pharmacy phone system this week. A large majority of the population have no idea how to properly dispose of unwanted medication."

"Army studies have shown that most medications are rendered ineffective six months after the expiration date. Taking these drugs beyond this point will not help to treat anything. However, removing these tablets also removes the potential for these meds to be sold on the streets as fraudulent pills," he said.

To locate local Take Back sites for April 28, visit www.dea.gov. For more questions about the NSAB Take Back event on April 27, please contact the NSAB crime prevention office at (301) 319-2546. To report suspected illegal drug diversion, please contact NCIS office at (301) 295-0570.

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NSAB Thanks Military Children With Ice Cream Social

By Mass Communication
Specialist 2nd Class
John K. Hamilton
NSAB Public Affairs
staff writer

Naval Support Activity Bethesda (NSAB) Fleet and Family Support Center recently celebrated the Month of the Military Child with a float party and ice cream social held at the fitness center pool.

From 9 a.m. to 2 p.m., military families had the opportunity to take advantage of a closed pool open to free swimming with the use of foam floats.

"Being that this is the Month of the Military Child, Fleet and Family Services, MWR (Morale, Welfare and Recreation) and the entire family readiness group at NSAB really want to thank kids for the support they give their parents," said Daniel Dunham, NSAB school liaison officer.

"We really understand what they endure and have to go through. We understand that when a parent is in the military the whole family is in the military and that we just respect them and want to thank them for their contribution and service to this country. I think it's important to provide activities and avenues for parents to get together with their kids that's no cost to them, is easy to get



Avril, 7, and her sister Amelle, 5, swim together during the pool party at the Building 17 fitness center pool.

to and that kids will enjoy," he said.

Not only did families get to enjoy time at the pool, they also enjoyed ice cream.

"I love events like these, it gives me the chance to do something nice for my family, and I plan on coming to more events in the future," said Navy Lt. James Malloy, a parent who attended the event.

NSAB and the Fleet and Family Support Center have more events on



Photos by Mass Communication Specialist 2nd Class John K. Hamilton

Families line up for free ice cream after a swim in the pool during the ice cream social in the lobby of Building 17.

the horizon including the youth health and fitness center being held in the gymnasium this Saturday, from 9 a.m. to 2 p.m.

"I expect that we will try to do not only just the month of the military child events but we will try to have events like this throughout the seasons where [the weather] is nice," said Dunham. "There is a lot of planning going on for different events we want to make sure are available for families. I would encourage them to

check out the MWR happenings and keep in tune with what's going on at Fleet and Family Services because there will be more opportunities in the months to come for families to get out and enjoy the weather and one another's company," he added.

For more information about upcoming events, contact Dunham or any other Fleet and Family Support Center representatives at (301) 319-4087 or Daniel.dunham@med.navy.mil.

Mosquito Season Expected to Arrive Early

By Mass Communication
Specialist 3rd Class
Nathan Parde
NSAB Public Affairs
staff writer

As the winter season passes, it is not uncommon to look forward to the climbing temperatures of spring and summer, but with the changing weather also comes the threats of illness and insects. One example of this is the return of mosquitoes, which act as carriers for harmful diseases such as the West Nile Virus (WNV).

Luckily, Walter Reed National Military Medical Center's Preventive Medicine Department is on-hand to oversee the surveillance and monitoring of mosquito activity during peak periods to foster awareness and promote the safety of personnel and their families.

Lt. Cmdr. Daron Patton, chief of environmental health service's preventive medicine department, said they provide surveillance for Army and Navy facilities in the National Capital Region.

"Preventive Medicine's role is to coordinate with a private contractor to determine which sites to

survey throughout the peak months," said Patton. "We work together to keep tabs on the mosquito population."

The intent is to control the outbreak and spread of diseases like the WNV: a potentially serious illness that is transmitted to humans and other mammals through the bite of an infected mosquito. Many people infected with WNV will not even show signs or symptoms of the disease. But, in serious cases, symptoms can range from flu-like symptoms to more serious symptoms such as disorientation, coma, tremors, convulsions, vision loss, numbness and paralysis.

Young children and the elderly are at a greater risk of developing severe illness, along with individuals with a compromised immune system, said Patton. The more time spent outdoors—especially at dusk or dawn (when mosquitoes are most active)—the greater the risk of contracting WNV and other viruses transmitted by mosquitoes.

Hospital Corpsman 3rd Class Jessica Embrey said since there were mosquitoes that tested positive for the WNV virus at WRN-



MMC last year, they are committed to controlling the population this year.

"To manage the mosquito population, we spread environmental-friendly pellets throughout the base that would prevent mosquitoes from breeding and laying eggs," said Embrey. "The mosquito that spreads this disease likes to breed in stagnant water, and it only takes an inch of water. So, not only do we trap and treat for mosquitoes in order to prevent West Nile Virus, we also educate people on how to prevent getting bitten," she said.

Patton explained, there are several steps that individuals can take to

protect themselves and their family.

"We would recommend that they maximize the coverage of their skin by wearing long sleeves, long pants, hats, and similar articles of clothing," said Patton. "There are also lotions that contain DEET (N,N-diethyl-m-toluamide), which acts as an insect repellent."

Embrey said education is always the key in prevention.

"We (Preventive Medicine) always want our people to be educated in the prevention of diseases, and that includes the West Nile Virus. If it wasn't for us educating others about prevention, then more people would be sick and it would make it hard for us (military) to complete our mission. So, I may not have as much one-on-one contact with patients, but I still take great pride in knowing that I help to prevent people from getting sick and can contribute to the mission."

For more information regarding WNV you can visit, <http://phc.amedd.army.mil/home/> or <http://www.nmcpmc.med.navy.mil>, or contact WRNMMC's Preventive Medicine Department at 202-352-1596.

Preparing to Weather the Storm

By Joe Macri
NSAB Public Affairs Officer

Every season has its share of potentially destructive weather events and summer is no exception. Naval District Washington installations must stay aware of these threats and ensure the region is properly prepared for natural disasters.

The Navy prepares for the threat of tropical cyclones with a yearly exercise called HURREX/Citadel Gale. The purpose of this annual exercise is to prepare commands to respond to weather threats to U.S. coastal regions, and to maintain the ability to deploy forces even under the most adverse weather conditions. HURREX 12 is currently underway and runs until April 27.

Naval Support Activity Bethesda (NSAB) will participate in HURREX 12 through several "behind the scenes" events designed to test the installation's ability to prepare for destructive weather.

According to NSAB Director of Emergency Management Ron Kunz, many people in the region often focus on adverse winter weather but forget to prepare for hurricane season which generally runs from June 1 to Nov. 30.

"People seem to remember events like 'Snowmageddon', but because we feel like we're inland here, we don't tend to get too worried about hurricanes, but even inland they can generate very strong wind and rain," said Kunz.

An event scheduled to test the installation's response to destructive weather, is the evacuation exercise of Tranquility Hall, which houses wounded warriors.

One of the key criteria's for success during the evacuation is the 100 percent accountability of all personnel in Building 62, because the command considers the safety of its service members and their families the highest possible priority, especially during violent weather.



Accountability is emphasized before, during and after destructive weather.

"We will be coordinating with local fire and rescue to test our Mutual Aid Response agreements and our ability to immediately respond to a required evacuation in difficult conditions," said Kunz.

The evacuation drill will take place on Tuesday. Affected residents of Building 62 will receive fliers to help them prepare for the event.

"The intent of this event is to balance our ability to properly provide for the safety and security of our wounded warriors during an incident, while also trying to make the exercise as minimally disruptive as possible," said NSAB Executive Director Bill Meekins.

For more information on preparing for destructive weather, please visit the Naval Safety Center website at: <http://www.public.navy.mil/navsafecen/Documents/media/safetips/f-m/hurricane.doc>

For more information on Navy Family Emergency Preparedness, please visit: http://www.cnic.navy.mil/CNIC_HQ_Site/WhatWeDo/FamilyLine/FamilyPreparedness/index.htm

PRT

Continued from 1

and Assistant Command Fitness Leaders (ACFLs) will work together to stand up NSAB's own FEP.

"This is an amazing opportunity to show pride in our command," said Master-At-Arms 1st Class Michael Gamba, NSAB CFL. "Our first time conducting a PRT shows the continued growth as a command. Besides the fact it's the first one, the program itself is critical to both the Navy and NSAB as a way to assess the physical readiness of Sailors. At the completion of this cycle, myself and the ACFLs will work together to provide the Commanding Officer an assessment of his Sailors."

To become a CFL, Gamba had to attend a Command Fitness Leader Course. The pre-requisites for the class were an excellent or above on the last PRT, recommended by the command in the form of a Letter of Designation and a non-smoke status.

"It gives me a good feeling overall," Gamba said about his selection as the CFL. "The devel-

opment of a culture of fitness within the Navy has become an ever-increasing focus to the Navy. Physical readiness as a whole has taken on a bigger spotlight when it comes to retention tools such as Perform to Serve, a member's evaluation and a part of shaping that culture. Understand, as the CFL, I am overall responsible for the management of the program, but it is a team effort to complete the administration and coordination of the events," he said. The same requirements I had to meet, had to be met by the ACFLs as well."

The ACFLs assist in the coordination of PRTs, tracking required documents, and leading coordinated physical training sessions.

"Being an ACFL is a rewarding position to have," said Master-At-Arms 3rd Class Ian Hamilton with NSAB security forces. "I am able to stay in shape and help my command at the same time. The same hard work and effort I apply for my own PRT score, I use to help my shipmates. If there is anything I can do to make sure they are successful, I do it."

With the cycle currently underway until May 18, Sailors are encouraged to contact Gamba at (301) 295-2558 to schedule their PRT.

CANCER

Continued from 1

and the cultural awareness," Shriver said. People were ashamed of having breast cancer due to lack of awareness and screening programs that are available today 25 years later.

"Women know they have to take care of themselves, and screening programs are available," he continued. "In addition to that, we've gone from an era when everybody's treated the same, to individualized treatment."

It's now common knowledge that every woman's breast cancer is unique, he added.

"We've gone from one-size-fits-all, to very focused treatment," he said. "We can be much more targeted. We can identify exactly what type of tumor it is, save the breast, just take out the tumor and be very targeted with the lymph nodes, assess those, and then do a genetic analysis of the tumor itself, then give the treatment based on that person's tumor, not somebody else's tumor."

Shriver continued, it's peace of mind knowing these available resources will continue to advance for his teenage daughter and son's generation. Pointing to a picture of his children, he said they'll have the opportunity to undergo testing now to learn whether they might carry the gene for breast cancer later in life.

To continue enhancing breast cancer care, as well as oncology, at Walter Reed Bethesda, the USMCI will be incorporated, and dissolved, into the medical center's Comprehensive Cancer Center over the next six months, he said. Comprised of military and civilian oncologists who develop cancer research, education and care for the military, the USMCI will enhance the services already provided at the cancer center. This includes the Prostate Project, GYN oncology project, the Breast Project, Medical Oncology, Radiation Oncology, Pediatric Oncology, and the Biobanking Initiatives under Pathology.

"It's an organization where many elements are coming together with one goal of [providing] the best cancer care in the Department of Defense, and in the nation, for our beneficiaries," Shriver added. "We seek to continue to improve that."

He noted that the cancer center's core elements - now a culmination of best practices from WRAMC and the former National Naval Medical Center - have been in existence for more than a decade, and is the military's only cancer center. Funded directly by the Department of Defense, the center has applied for National Cancer Institute (NCI) designation, an achievement only 40 civilian centers in the nation have earned, he added.

Kay Kelley, research protocol coordinator for the center, echoed Shriver's sentiments, stating, "The cancer center has so much to offer."

A former Navy nurse, Kelley said the center strives to offer convenience, allowing patients to receive all of their care under one roof, all the while with their family alongside.

The patient can stay in one spot, instead of traveling to different locations, she said, adding that patients receiving care in the center are making a contribution to the knowledge of cancer treatment. Kay explained each patient completes a questionnaire, focusing on topics, such as medical and family history, which is kept in a database and used as part of research.

Kay continued, she's learned a lot about breast cancer research, having worked at the center for six years, and has enjoyed working under Col. Shriver's leadership.

Shriver said he couldn't do his job without the support from his staff, or from leadership throughout the command and region.

"There's nothing better than leading an organization where everybody wants you to succeed. The wind is at our back," he said. "It's really exciting."

HOLOCAUST

Continued from 4

survive the Holocaust," Gulley added.

Hospitalman Breton Holbrook said the exhibit that touched him most in the Holocaust museum was one with a picture of Anne Frank, the 15-year-old Holocaust victim whose diary provides a vivid account of her family's years in hiding from the Nazi Germans in the Netherlands and has been read by millions worldwide.

"One of the reports I did in high school was about that book," Holbrook said. "She's a very big symbol of lost potential, being a child who died at Bergen-Belsen concentration camp. It was very difficult, very difficult."

It was the story of one Holocaust survivor, Jacqueline Mendels Birn, which also touched Army Sgt. Arcola Hester during the museum visit. Birn was the guest speaker during a special presentation at the Holocaust museum for the WRNMMC group.

"To hear her accounts, and actually see the pain in her eyes and her fighting back tears, made this experience surreal," Hester said.

It was a series of miracles that kept Birn and her family alive during the Holocaust, she said. Born on April 23, 1935, in Paris, France, Birn's father, Frits Mendels, ran a food import-export business before the war. She described her childhood with an older sister, Manuela, as normal until the outbreak of the war in 1939 and Germany invasion of France in May 1940. Her father was forced to sell his share of his business to his non-Jewish partner, although he would continue to work at the business and hide in the back room if someone came in. Her mother, Ellen, took care of the daughters.

In June 1942, 13,000 Jews were gathered and sent to Drancy transit camp where most were deported to Auschwitz, Birn explained. Most of the roundups took place in the areas of Paris that had many foreign Jews, but the Mendels family lived in a primarily Catholic, French neighborhood where they were one of only a few Jewish families and the authorities did not come for them. "That was a miracle," Birn said.

As it became increasingly dangerous for Jewish families in Paris because of the German invasion, the Mendels decided to leave the city for the Vichy-controlled southern region of France in July 1942. At the train station where they were supposed to depart Paris for the "so-called free zones," Jews were being "rounded up," Birn recalled. Another miracle happened when the train the Mendels were on was not searched as were many others, she recalled.

After the train ride, the family was helped across the demarcation line separating occupied and unoccupied France by two farm boys. She said it was again a miracle that the family was not captured because German soldiers were "very, very close."

The family eventually made it to free zone and settled in two upstairs room of a house with no electricity or water in the tiny village of Le Got where they lived for the next 29 months in hiding, often hungry and with only bare necessities. In 1943, Ellen Mendels gave birth under terrible conditions to a son they named Franklin after President Franklin Roosevelt, who they hoped would help theirs and others situation.

After the liberation of Paris, the family returned there in November 1944 to rebuild their lives.

Frits Mendels got the family's apartment back that they had before the war, although all of the furniture was gone. There was nothing left of his business in Paris, so he sold jam from door-to-door "to try to make a little money," Birn said. "I don't know how we survived." They also learned when they returned to Paris that about 20 of their close family members had been deported, and did not survive because they were killed in Sobibor and Auschwitz.

"I'm alive, and my sister is alive," Birn said with tears in her eyes. "We have children and grandchildren."

The Bethesda Multicultural Committee, which sponsored the Holocaust museum visit, organizes various multicultural events for the WRNMMC and Naval Support Activity Bethesda community. For more information about the committee, call Sgt. 1st Class Jason Zielske at (301) 400-2847.

NCO

Continued from 3

standards, the counselors and problem-solvers just to mention a few roles."

One of the new inductees, Sgt. Javier Rivera, said the ceremony was very meaningful for him for a couple of reasons. "It was so motivational and inspirational, especially since the MEDCOM command sergeant major was there," he said.

The new sergeant added, "My re-

sponsibility as a NCO is to help Soldiers become the best they can. [I want to] make sure they are taken care of because if a Soldier is not taken care of how can you expect them to take care of you?"

Another inductee, Sgt. Albin T. Eldeen, agreed. "My responsibilities as a NCO are very simple and stated best in the NCO Creed: 'My two basic responsibilities will always be uppermost in my mind - accomplishment of my mission and the welfare of my Soldiers.'"

"It says all that I can say better than I can say it," Eldeen concluded.

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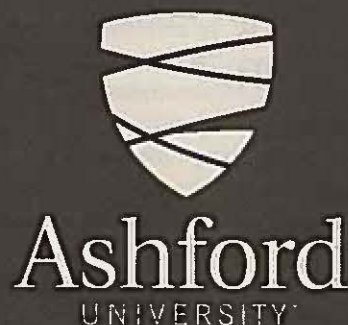
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